



## Bulimics on Bulimia

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# Bulimics on Bulimia

## **Bulimics on Bulimia**

Thousands suffer from bulimia secretly and in silence. They are never diagnosed and their story goes untold.

Bulimics on Bulimia is a collection of accounts by people who are living with the disorder, shedding new light on the day-to-day struggle of coping with bulimia. This book challenges the stereotypical image of the bulimic teenage girl, revealing that bulimia affects a far wider range of people, and dispelling the myth that bingeing involves only food and purging involves only vomiting. The powerful stories in this book provide new perspectives on the experience of bulimia, revealing the complex realities of the illness and the different ways in which different people view themselves and the disorder that has become a part of their lives.

This book is a must-read for counselors, psychologists, and mental health professionals and will strike a chord with anyone who is suffering or has suffered from an eating disorder, as well as their friends and families.

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